



Postoperative references

(References for the period after the operation)

Unavoidable postoperative consequences in the range of mouth-, jaw- and face, such as swelling, bruising and reduction of stoma, could be reduced by following these guidelines.

- Cooling** Please cool the operated area not only on day of treatment, but also the two following days. We would advice you to use coolpacks which are packed into cloth to protect your skin. Do not cool with ice, as it is too cold and bad for your wound.
- Please avoid** nicotine, alcohol, black tea, coffee and fresh dairy products for at least three days, because they are not good for healing. If you had a major surgery you should avoid these for a longer time. They will cause problems with wound healing disorder and secondary bleeding! Cooked dairy products are allowed.
Please avoid physical strain for at least three days. You can do sports after all troubles cease. (If necessary, please ask Dr. Hauck)
- Nutrition** After numbness has ended, you should eat only soft food (soup, potatoes, pasta). This will also help you to better tolerate the medicine.
Please refrain from small granular foods (rice, cereals, etc.) during wound healing, so the risk of infection is reduced. After the consumption of boiled milk (yogurt, cheese) gently rinse your mouth to reduce mucus production.
- Oral hygiene** Please avoid all oral hygiene on the day of operation to reduce secondary bleeding and don't rinse your mouth.
You can start with your dental care in the operated area one day after surgery. You should also rinse your mouth with an antibacterial mouthwash (CURASEPT) at least 3 times a day after eating. Clean teeth outside the operated area as usual.
- Recipe** Each drug is described below on your prescription and there you can see how often to use it. If you have any side effects such as nausea, diarrhea, etc., please contact us immediately!

Pressure, swelling and slight bleeding of the wound after operation is normal. Follow the instructions of the doctor, cool well and bite on swabs or clean cloth for an hour. For heavier bleeding, you should contact us.

You can reach us during office hours at **0 89/99 72 00 01**.

In case of an emergency outside office hours, you can reach us at the emergency number: 01 72/9 61 25 12